

NEWSLETTER

2299 Woodbury Ave Newington, NH 03801 First Edition

NEW in 2018: JourneyDance

Join us starting Weds evening, January 10th from 6:00-7:15pm. Try out a session, invite a friend.

JourneyDance™ is a transformational form of dance that combines freestyle and structured movement to inspire you to get out of your mind and into your body.

Yoga @ Inner Balance

Yoga to Beat the Winter Blues: Learn and practice how yoga can ease the symptoms of malaise and depression that often plague us at this time of year. And have fun at the same time! Open to all levels....no prior yoga experience necessary.

6 Week Session

Saturdays 10:30-11:30 AM

January 13th - February 17th

Gynecology

Ask about our new evening and Saturday hours!

Office phone: 603-230-2433



Inner Balance...what exactly is that?

Does the phrase Inner Balance resonate with you? If you're anything like me it's a precarious notion that sometimes feels out of reach. 2017 was a year of searching for that balance between contributions to society, friends, family and self.

There's a lot of talk about putting our selves first. The first time I had to wrestle with the thought was on an airline flight when the flight attendant advised to place the oxygen on yourself before attending to children. It was the opposite of what was intuitive to me but relevant to how many of us operate. We put others before ourselves. We consider it selfish with a vein of narcissism if we put our own best interests before others, especially our children.





Wellness Center

Here at Inner Balance we recognize that it takes more than just a knowledgeable Gynecologist and a skilled Pelvic Floor Physical Therapist to treat chronic pelvic pain. We selected likeminded practitioners to join us in treating those women and men who present for treatment of their pelvic floor dysfunction.

Under one roof you will find,

- *Physical Therapy
- *Gynecology
- *Registered Functional Dietician
- *Counseling
- *Massage Therapy
- *Reiki
- *Energy Healing
- *Aromatouch Therapy
- *Acupuncture coming soon

Our 400 square foot Yoga Studio is also host to JourneyDance and is available for lease for workshops or other functions.

Can there be balance when we put ourselves first? I'd like to think that if our children see us taking care of ourselves, being kind to ourselves, that not only will we create that inner balance that we strive for but we just might foster self respect by teaching our children that our own health and happiness is worthy of our efforts.

Here's to 2018. A new year to truly listen to that voice that tells us what we need for inner balance to be able to continue to be present for society, friends, family and self. Can we afford not to listen anymore?
Be Well, Colene Arnold, MD

Paying Attention to the Pelvic Floor..

The pelvic floor muscles are a group of muscles that attach to the front, back and sides of the bottom of the pelvis and sacrum. Think of it as a hammock. When your pelvic floor muscles are tight or weak they can also stress the joints of your back and hips, leading to persistent low back and hip pain. They can contribute to bladder dysfunction including urinary frequency, urgency and incontinence or leakage of urine in both men and women. Tight pelvic floor muscles can contribute to painful sexual relations. The sooner dysfunction within the pelvis is addressed with a referral to a pelvic floor specialist/physical therapist the easier it is to regain proper function.



*Register for classes through our website!